

## **TRAVELS WITH ISH**

*by Raymond Haimila*

First, I would like to thank my tour guide for introducing me to ISH (Inner Self Helper); thank you, Robert Monroe. ISH has always been there for me to access and many times in the past I had, but then I would call it my intuition. Now I understand the duality of it all. In the beginning (how many lifetimes ago I do not know), I was the access for ISH into this universe called time-space; a vehicle more or less, used to experience a set of parameters that appear to be quite unique.... The experience is manyfold (i.e., physical, mental, and emotional, or psychological just to name a few).

The second part of this duality is that I have access to the ISH—a two-way street that so few of us realize is available. According to ISH, it is an access to EVERYTHING. I have been shown a picture that is very similar to Bob's description of a transducer.

Energy (electrical) is at one end and energy (mechanical) is at the other; the mechanical being the physical system and the electrical more like the energy matrix (hologram) described by Joe McMoneagle in *FOCUS Vol. XII, No. 4. [Topic: From the Desk of.../Joe McMoneagle /Focus 1990-4 Questions to Consider - Joe McMoneagle.]*

Access to the hologram seems to be by a system of standing waves, like map coordinates. I seem to be stymied by one doorway I have been shown. It does not appear as what I know on my visual screen as a standing wave, although I am told it is another doorway. I think I have been given part of the coordinates to access it. I always thought my ISH was named George, as these were the letters that always appear on my mind's visual screen. Now, though, they appear as significant... Ge or Ge.

Ge, I think represents gamma frequencies; Or, I am not sure, possibly origin, maybe a radius???

The door is more like a three-dimensional model of a mathematical formula, blazing gold, rotating slowly, and filled with voids colored a royal blue; the same as the background color of this whole quadrant in the hologram.

I am closing for now and will write again and try to diagram it.

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